



Office of Aviation Medicine

Internal Substance Abuse Program, (ISAP) Quarterly Newsletter

Volume 2, Issue2

SPECIAL ACCOUNCEMENT:

The Internal Substance Abuse Program can be found on the web at:

<http://www.faa.gov/avr/aam/isap>

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NEW 49 CFR PART 40 DRUGS AND ACOHOL TESTING RULE

The regulations governing the FAA's Aviation Industry Antidrug and Alcohol Misuse Programs were recently revised. The new regulations were written to clarify and better organize the part, as well as deal with such issues as adulteration, responsibilities of the medical review officer, etc.

The Internal Substance Abuse Program (ISAP) for FAA employees is not subject to 49 CFR part 40, but is governed by Department of Health and Human Service (DHHS) guidelines. The DHHS guidelines are similar to 49 CFR part 40 regulations and testing guidelines. DHHS is in the process of revising their testing guidelines for the ISAP. They are to be published for comment sometime in May 2001.

SELF-REFERRAL QUESTIONS AND ANSWERS

Question: What constitutes an employee being identified as a self-referral?

Answer:

A self-referral is a person who voluntarily identifies himself or herself to an Employee Assistance Program (EAP) professional as someone who uses illegal drugs or misuses alcohol.

Question: When can an employee self-refer for drug and/or alcohol?

Answer:

Employees may self-refer prior to being identified through other means such as specific notification of testing under preappointment, random, reasonable suspicion, or post accident testing.

Question: What happens after the employee self-refers?

Answer:

Under the self-referral policy, an employee is not subject to removal, however, the employee is required to:

- 1) Obtain counseling through an approved EAP, and successfully complete an EAP recommended rehabilitation. The employee must refrain from any further use of illegal drugs or alcohol misuse in accordance with the policy in DOT Order 3910.1C, Departmental Drug and Alcohol-Free Workplace.
- 2) After successful completion of the rehabilitation program and prior to performing safety/security-related duties, the employee shall undergo a return-to-duty test.
- 3) Enter the agency's follow-up testing program for a minimum of 12 months.

**The agency strongly encourages employees with substance abuse/misuse problems
to take action to get help at the earliest possible time.**

EDUCATION AND AWARENESS

DEPRESSANTS

Depressants are legally manufactured controlled substances that are often prescribed by physicians for anxiety or insomnia. Depressants comprise the largest and most commonly abused category of controlled substances. Barbiturates are the most commonly prescribed class of depressants. When abused, they are often taken with amphetamines because the barbiturates tend to enhance the euphoric effect while at the same time calm the stimulant effects of the amphetamines. The impact of depressant abuse in the workplace is substantial, particularly with people in highly stressful and demanding positions.

Names of Some Prescribed Medications

Librium, Valium, Xanax, Seconal, Nembutal and Quaalude. Many of these prescriptions are written for short-term use only.

How it is taken

Depressants usually are taken orally, but sometimes are injected directly into the bloodstream.

Effects

When taken in small doses as prescribed for medical purposes, depressants can be effective in producing sedation and/or sleep, and relief of tension, anxiety, and irritability. Large doses, however, may result in confusion, slurred speech, depression, lack of coordination, loss of motor control, and disorientation.

SIMPLE FICTIONS: Three Big Ones

<p>1. Rumor: Beer and wine are less likely to cause problems than hard liquor.</p> <p>Reality: All alcohol beverages contain roughly the same amount of alcohol i.e., 12 ounces of beer equals 5 ounces of wine which equals 1.5 ounces of hard liquor. Beer and wine contain more water than hard liquor.</p>	<p>2. Rumor: Cocaine and alcohol cancel out each other, thus enabling partying people to stay straight longer.</p> <p>Reality: The body converts the breakdown products of cocaine and alcohol into a chemical called cocaethylene, that is twice as deadly as cocaine by itself.</p>	<p>3. Rumor: If you take aspirin before drinking, you can avoid a hangover.</p> <p>Reality: Aspirin increases the stomach's absorption of alcohol, particularly when taken an hour or so before drinking. If anything, it increases the odds of a hangover.</p>
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2000 CALENDAR YEAR STATISTICS

<u>Drugs</u>				<u>Alcohol</u>			
Type of Test	Total Empl's Tested	Number of Positives	Positive Percent	Type of Test	Total Empl's Tested	Number of Positives	Positive Percent
Random*	6513	16	0.25%	Random*	2768	0	0.00%
Reasonable Suspicion	0	0	0.00%	Reasonable Suspicion	3	3	100%
Post-Accident	73	0	0.00%	Post-Accident	35	0	0.00%
Return To Duty/ Follow-up	691	1	0.14%	Return To Duty/ Follow-up	1256	2	0.16%
*Random test figures are based on a twenty-five percent annual drug test rate of the FAA random test population.				*Random test figures are based on a ten percent annual alcohol test rate of the FAA random test population.			